

Amendments to the Claims:

The following listing of claims replaces all prior versions and listing of claims in the application.

Listing of Claims:

1.-5. (Cancelled)

6. (Currently Amended) An exercise unit comprising:
a frame;
a seat positioned on said frame;
a resistance engine attached to said frame and utilizing elastomeric springs;
an actuator attached to said resistance engine wherein said resistance engine provides a constant load to a user when said actuator is actuated, and wherein said actuator comprises a cable; and

a load adjustment mechanism continually engaged with the resistance engine and configured to adjust the load provided by the resistance engine
spiral pulley positioned between said resistance engine and said cable.

7. (Currently Amended) An exercise unit comprising:
a frame;
a seat positioned on said frame;
a resistance engine attached to said frame and utilizing elastomeric springs;
an actuator attached to said resistance engine wherein said resistance engine provides a constant load to a user when said actuator is actuated, and wherein said actuator comprises a cable;

means for adjusting the load provided by the resistance engine, the means for adjusting being continually engaged with the modifying said increasing load into a constant load when a user actuates said resistance engine.

8. (Currently Amended) An exercise unit as defined in claim 7, wherein said means comprises a rotary crankspiral pulley.

9. (Currently Amended) An exercise unit comprising:
a frame;
a seat positioned on said frame;
means, attached to said frame, for providing a constant load to a user, said means utilizing resilient bands;
an actuator attached to said means for providing a constant load; and
means for adjusting the load provided by the means for providing a constant load, the means for adjusting being continually engaged with the means for providing a constant load.
10. (Currently Amended) An exercise unit as defined in claim 9, wherein:
said means for providing a constant load are located below said seat.
11. (Original) An exercise unit as defined in claim 10, wherein:
said frame defines a bench exercise unit.
12. (Currently Amended) An exercise unit as defined in 9, wherein:
said means for adjusting comprises a rotary crank
includes a means for pre-loading.

13.-72. (Cancelled)

73. (Currently Amended) An exercise unit comprising:
a frame;
a seat positioned on said frame;
a resistance engine attached to said frame and utilizing elastomeric springs;
an actuator attached to said resistance engine wherein said resistance engine provides a constant load to a user when said actuator is actuated, and wherein said actuator comprises a cable and a handle coupled to said cable; and
a load adjustment mechanism continually engaged with the resistance engine
and configured to adjust the load provided by the resistance engine.

74.-76. (Cancelled)

77. (New) The exercise unit as defined in claim 73, wherein the load adjustment mechanism comprises a rotary crank.

78. (New) The exercise unit as defined in claim 73, further comprising at least one adjustable position arm structure attached to the frame.

79. (New) The exercise unit as defined in claim 78, wherein the at least one adjustable position arm structure is configured to cooperate with the actuator to adjust a position of the actuator.

80. (New) The exercise unit as defined in claim 79, wherein the at least one adjustable position arm structure includes an integral cable guide structure.

81. (New) The exercise unit as defined in claim 79, wherein the at least one adjustable position arm structure includes at least one pulley configured to guide the cable.

82. (New) The exercise unit as defined in claim 78, wherein the at least one adjustable position arm structure comprises two adjustable position arm structures extending outwardly from opposite sides of the frame.

83. (New) The exercise unit as defined in claim 6, wherein the load adjustment mechanism comprises a rotary crank.

84. (New) The exercise unit as defined in claim 6, further comprising at least one adjustable position arm structure attached to the frame.

85. (New) The exercise unit as defined in claim 84, wherein the at least one adjustable position arm structure is configured to cooperate with the actuator to adjust a position of the actuator.

86. (New) The exercise unit as defined in claim 85, wherein the at least one adjustable position arm structure includes an integral cable guide structure.

87. (New) The exercise unit as defined in claim 85, wherein the at least one adjustable position arm structure includes at least one pulley configured to guide the cable.

88. (New) The exercise unit as defined in claim 84, wherein the at least one adjustable position arm structure comprises two adjustable position arm structures extending outwardly from opposite sides of the frame.

89. (New) The exercise unit as defined in claim 7, further comprising at least one adjustable position arm structure attached to the frame.

90. (New) The exercise unit as defined in claim 89, wherein the at least one adjustable position arm structure is configured to cooperate with the actuator to adjust a position of the actuator.

91. (New) The exercise unit as defined in claim 90, wherein the at least one adjustable position arm structure includes an integral cable guide structure.

92. (New) The exercise unit as defined in claim 90, wherein the at least one adjustable position arm structure includes at least one pulley configured to guide the cable.

93. (New) The exercise unit as defined in claim 89, wherein the at least one adjustable position arm structure comprises two adjustable position arm structures extending outwardly from opposite sides of the frame.

94. (New) The exercise unit as defined in claim 9, further comprising at least one adjustable position arm structure attached to the frame.

95. (New) The exercise unit as defined in claim 94, wherein the at least one adjustable position arm structure is configured to cooperate with the actuator to adjust a position of the actuator.

96. (New) The exercise unit as defined in claim 95, wherein the actuator comprises a cable.

97. (New) The exercise unit as defined in claim 96, wherein the at least one adjustable position arm structure includes an integral cable guide structure.

98. (New) The exercise unit as defined in claim 96, wherein the at least one adjustable position arm structure includes at least one pulley configured to guide the cable.

99. (New) The exercise unit as defined in claim 94, wherein the at least one adjustable position arm structure comprises two adjustable position arm structures extending outwardly from opposite sides of the frame.